

## The Wright Institute Presents:



# The Role of Wellness and Fairness in Feeling Valued and Adding Value

*Course Level: Intermediate*

*Saturday, October 7, 2017  
9:00am-4:00pm*

**Fees:** Free for Wright Institute Faculty/Staff/  
Collaborative and Other Supervisors Supervising WI Students/Training Directors /Students (space permitting)  
**WI Alums:** \$90  
**Non WI Students:** \$60  
**General:** \$150

**Instructor:** Isaac Prilleltensky, Ph.D.

**Location:** The Wright Institute, 2728 Durant Ave.,  
Rooms 109/110, Berkeley, CA 94704

**To Register:** [www.wi.edu/continuing-education](http://www.wi.edu/continuing-education)

**Contact:** Wright Institute Continuing Education  
Email: [Julie@wi.edu](mailto:Julie@wi.edu) Phone: 510.841.9230 x115

**Credits:** 6 CE hours. The Wright Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Wright Institute maintains responsibility for this program and its content.

### Workshop Description:

This course will deal with three key constructs related to mental health: *Mattering, Wellness, and Fairness*. Mattering consists of two elements: feeling valued and adding value. People feel valued by four potential sources: self, others, work, and community. Similarly, people can add value to self, others, work, and community. When people feel valued and have an opportunity to add value, mental health, and well-being improve considerably. When people do not feel valued, and/or do not have opportunities or skills to add value, they are likely to lead impoverished lives and develop psychological problems.

There are two kinds of mechanisms through which people feel valued and add value: wellness and fairness. For example, people feel valued by others through social support, which is a wellness variable, and through respect, which is a fairness variable. Similarly, people feel valued at work through celebration of their talents, which is a wellness variable, but also through adequate compensation and inclusive processes, which are fairness variables. People can add value to themselves through feelings of self-efficacy, a wellness variable, but also through self-determination, a fairness variable. In short, wellness and fairness are key elements of mattering. This course will present a model of mattering, and the role of wellness and fairness in feeling valued and adding value. In addition, this course will offer strategies for promoting mattering through increases in wellness and fairness. I will present a multidimensional model of fairness, and research-based interventions designed to improve both. Evidence shows that levels of wellness are highly influenced by levels of fairness in their environments.

*Please contact us in advance if you require special accommodations on the day of the event.*

## The Wright Institute Presents:

To promote wellness at the individual level, I will present an online intervention aimed at improving multidimensional well-being. The intervention, called Fun for Wellness, has been the subject of a randomized controlled trial, which proved its efficacy in enhancing self-efficacy and well-being in several domains of life. To foster wellness and fairness in organizations, I will present a model based on environmental characteristics of healthy workplaces. Finally, to promote mattering, wellness and fairness at the community level, I will present a model based on four principles, strengths, prevention, empowerment, and community change. In synthesis, participants will learn models for understanding and promoting mattering, wellness, and fairness at the individual, organizational, and community levels.

### Instructor Bio:

Dr. Isaac Prilleltensky was born in Argentina and has lived and worked in Israel, Canada, Australia, and the United States. He is Dean of Education and Human Development at the University of Miami, the inaugural Erwin and Barbara Mautner Chair in Community Well-Being, and the Vice Provost for Institutional Culture. He has published eight books and over 120 articles and chapters. His interests are in the promotion of well-being in individuals, organizations, and communities; and the integration of wellness and fairness.

He is the recipient of the 2014 “Lifetime Achievement Award in prevention” by the Society for Counseling Psychology, Division 17 of the American Psychological Association. He is also the recipient of the 2011 “Distinguished Contribution to Theory and Research Award” of the Community Psychology Division of APA. In addition, he received the John Kalafat Award for the Practice of Community Psychology from the same division of the APA.

He is leading an interdisciplinary team developing assessments and online interventions to promote interpersonal, community, occupational, psychological, physical, and economic (I COPPE) well-being. Isaac is a vegan and fitness aficionado. He speaks several languages and has given keynote addresses in 26 countries. His humor columns have been published in the Miami Herald and Miami Today.

His latest book is *The Laughing Guide to Well-Being: Using Humor and Science to Become Happier and Healthier*.

### After attending this workshop participants will be able to:

1. Summarize the six I COPPE domains of well-being (interpersonal, community, occupational, physical, psychological, economic)
2. Assess well-being of clients using I COPPE well-being scale
3. Describe two key components of mattering (feeling valued and adding value)
4. Explain the relationship between wellness and fairness in individuals, organizations, and communities
5. Utilize the Fun for Wellness online intervention in personal life as a tool to help clients
6. Describe the seven BET I CAN drivers of personal change used in Fun for Wellness (behaviors, emotions, thoughts, interactions, context, awareness, and next steps)
7. Plan community interventions based on the SPEC model

### Cancellation Policy:

If you have paid for a workshop and are unable to attend, please email us at [julie@wi.edu](mailto:julie@wi.edu) with your mailing address and we will mail you a refund check for the full amount paid. Checks will be mailed within 30 days of notification.

*Please contact us in advance if you require special accommodations on the day of the event.*